

# THE EFFECT OF KANGAROO METHOD ON THE ADEQUACY OF ENOUGH MONTH AGED BABY AT BLEGA OLOH POLINDES AT BLEGA DISTRICT BLEGA OLOH KECAMATAN BLEGA

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## ABSTRACT

**Introduction:** The reducing of ASI becomes the problem for a new mother, and there are several factors that affect the ASI production. Stimulation touch on the breast when the baby sucking the nipple causes oxytocin to secrete ASI. The Results of the preliminary study was conducted on 30 to 31 January 2016. It was found 23 mothers who breastfeed their babies aged 1-3 months. 10 mothers ( 44 % ) of babies got enough ASI . 13 mothers ( 56 % ) of the babies did not get enough ASI . The aim of research to determine the effect kangaroo method of the adequacy of breastfeeding in term of babies aged 1-3 months. **Method:** The design of the research used was one group Pre -test Post - test in which independent variables was Kangaroo and Dependent variable was Adequacy of ASI. Respondents in the capture as much as 22 Breastfeeding mothers of infants aged 1- 3 enough months. Mean of data collection using questionnaires. The sampling technique used was Random Simple Sampling with data analysis of Wilcoxon Test. **Result:** The result of preliminary research showed that before being given the kangaroo method, the adequacy of breast milk was in the poor category as many as 19 respondents (86.3 %). And after kangaroo method was used, the adequacy of breast milk was in a category quite as many as 13 respondents ( 72.7 % ) . After the Wilcoxon statistical test resulted p value : 0,001 which means  $p \text{ value} < \alpha = 0,05$  so that  $H_0$  is rejected . The result showed that there was effect of kangaroo method of the adequacy of breastfeeding in term babies aged 1-3 months. **Conclusion:** Finally, it is expected to the midwives or health workers to continue to provide education and demonstrations by using kangaroo care method, so it can help with milk production in postpartum mothers. The well experience of breastfeeding mothers, it can help the mothers in successful breastfeed, if they are more in contact with their babies.

**Keywords:** Kangaroo Method-Adequacy of Breast Feeding Enough month aged babies

## INTRODUCTION

Breast is breastfeeding without food and drink another addition to the baby. World Health Organization (WHO) states that exclusive breastfeeding during the first 6 months of a baby is the best because breast milk is the perfect food for babies. Breastfeeding means providing high-value nutritional substances necessary for the growth and development of nerve and brain, as well as providing substances immunity against several diseases and realize the emotional bond between mother and baby. (Wulandari, 2009).

Adequate breastfeeding related to the adequacy of the volume of milk during breastfeeding. The volume of milk during

breastfeeding is influenced time of onset of feeding, frequency of feeding, emptying the breast during breastfeeding, the baby's position while feeding, and the baby's ability to suck the milk "a sign that the baby is getting enough milk are: Number urinate in a day at least 6 times, color of urine usually colorless to pale yellow, Babies often defecate yellowish seeds, Baby seemed satisfied, at any time feel hungry waking and sleeping enough, Babies least suckle 10 times in 24 hours, Breast mother feels soft whenever finished breastfeeding, she can feel tingling because the flow of milk each time the baby starts to breastfeed, she can hear the sound of swallowing softly

as the baby swallow the milk, baby gain weight (Wulandari, 2009).

Results of a preliminary study conducted on 30 to 31 January 2016 Polindes Oloh Blega District of Blega. Obtained 23 mothers who breastfeed their babies aged 1-3 months. 10 mothers (44%) were breastfeeding her baby, the baby is getting enough milk. 13 mothers (56%) who breastfeed, the baby is not getting enough milk marked with a baby is not satisfied after each feeding, frequent crying baby or the baby refuses the breast, baby's faces hard and green.

Factors are affecting the adequacy of breastfeeding, including the food, the frequency of breastfeeding, birth weight, gestational age at delivery, age of mother, maternal psychological state, the use of the contraceptive pill. Suckle 2-3 hours will keep milk production remains high. For most women, breastfeeding or expressing milk eight times in 24 hours will maintain milk production remained high in the early days of breastfeeding, especially the first 4 months (Laksono, 2010).

The implications for infants not enough breast feeding that would interfere with the development and body resistance against diseases is weak compared to infants who received breast milk in full for two years, of course, exclusive breastfeeding during the first 6 months is better then, the gift is continued until the age of infants up to 2 years.

The physical contact between mothers and their infants through breastfeeding reduces stress when a newborn baby is separated with his mother, the stress hormones will cause a decline in the immune system or immune system baby. Meanwhile, if done skin contact of mother and baby, the stress hormones will go back down, so that the baby become calmer, no stress, as well as respiratory and heart rates more stable (Prasetyono, 2008). Formulation of the problem: How was the adequacy of breastfeeding before given a kangaroo method in infants aged 1-3 months? How was the adequacy of breast

feeding after a given method of kangaroos in term infants aged 1-3 months? Was there any influence of the adequacy of the kangaroo method breastfeeding in infants aged 1-3 months?

This research aims were to understand about certain condition, which was analyze the effect kangaroo method to provision adequacy of breastfeeding in term infants in polides of Blega Oloh. The special purposes were to identify the adequacy of breastfeeding before given a kangaroo method in infants aged 1-3 months in the village Blega oloh District of Blega. Identify the adequacy of breast milk is given after the kangaroo method in infants aged 1-3 months in the village Blega oloh District of Blega. And also, to analyze the effect kangaroo method of the adequacy of breastfeeding in term infants aged 1-3 months.

## METHODS

The research design used in this study is one group pretest-posttest design. In this design before treatment is given prior samples were given a pretest (initial test) and at the end of the study sample was given a post-test (final test). This design is used on purpose to be achieved is to know the adequacy of the breast feeding before it is given the method of kangaroos and kangaroo methods already given to infants aged 1-3 months. In this study, the independent variable is the Kangaroo and the dependent variable is the adequacy of breastfeeding in infants aged 1-3 months.

Operational definition:

Kangaroo care method is to put the baby in inside the pocket so as avoid direct contact between the skin of the mother and the baby's skin so as to provide comfort very essential to the growth of the baby, the baby easily breastfeeding. Steps to make a kangaroo method were: a. After washing hands mother wear kangaroo's mother. b. Babies placed upright between the two breasts. c. The baby's head turned away to the left or to the right. d. Wear a shirt button. e. In order to the baby's position has not

changed use the long cloth wrapped around the body of the mother.

Adequacy of ASI are:

Adequate breastfeeding related with the adequacy of the volume of milk during breastfeeding. Influenced the volume of milk during feeding time of onset of feeding, feeding frequency, emptying the breast during breastfeeding, the baby's position while feeding, and the baby's ability to suck the milk. The parameters were: production increased, baby suckle frequently (8-12X day), baby looks satisfied, baby looks healthy, baby's weight increase.

In this study, researchers determined based on the estimated population of the entire breastfeeding women are at 23 mothers partisipant of term infants aged 1-3 months in Polindes Blega oloh Blega District of Bangkalan. And a sample size of 22 people.

Criteria for inclusion in this study are:

- 1) Mothers with have baby in the age of 1-3 months.
- 2) Breastfeeding mothers of baby without extra food.

Exclusion criteria in this study were nursing mothers with childbirth SC. The sampling technique used in this study using simple random sampling technique. The place of researe at Polindes of Blega oloh Blega District of Bangkalan. The time needed for this research was started in July 2016.

To determine the effect kangaroo method of the adequacy of breastfeeding in term infants aged 1-3 months. The test using statistical test of Wilcoxon Signed Rank Test is a non-parametric test were used to analyze the data in pairs because of the two different treatments. Wilcoxon Signed Rank Test was used when the data are not normally distributed.

## RESULT

Table 1. Distribusi frequency based on the adequacy of breastfeeding before given a kangaroo method to the respondents in polindes of blega oloh district blega 2016

Adequacy Of Breast feeding (Pre)	f	Persentase(%)
Veryless	0	0
Less	19	86,4
Enoght	3	13,6
Total	22	100

According to the table 1 above showed that nearly all infants aged 1-3 months before being given a kangaroo method adequacy of breast milk in the poor category as many as 19 respondents (86.4%).

Table 2. Frequency distribution based on the adequacy of asi after cast kangaroo at respondents in polindes blega oloh.blega 2016

Adequacy Of Breast feeding (Post)	f	Persentase(%)
Veryless	0	0
Less	6	27,3
Enoght	16	72,7
Total	22	100

Based on Table 2 above showed that the majority of infants aged 1-3 months after the kangaroo method sufficiency given breast milk in a category quite as many as 13 respondents (72.7%).

Table 3. Cross tabulation effect of kangaroo against self sufficiency breastfeeding baby age 1-3 months months in polindes blega oloh kec.blega.

Pre/ Post		Adequacy Of Breast feeding						Total	
		Vervy less		less		Enoght			
		N	%	N	%	N	%	N	%
Pre		0	0	19	86,4	3	13,6	22	100
Post		0	0	6	27,3	16	72,7	22	100
Total		0	0	25	56,8	19	43,2	44	100

Sumber :: Perolehan data primer

Based on the above table is described that the infants before treatment is given none had sufficient milk in the category quite different from the results is given treatment after a kangaroo method as many as 16 respondents (72.7%) in the category of Self in the adequacy of breast milk. After the Wilcoxon statistical test result value p value: 0.001 significant p value  $<\alpha = 0.05$  so that  $H_0$  is rejected. The result is the effect kangaroo method of the adequacy of breastfeeding in term infants aged 1-3 months.

## DISCUSSION

### 1. Overview Adequacy ASI Prior to Give Kangaroo On term infant Baby 1-3 Months.

The research concludes that nearly all infants aged 1-3 months adequacy of breast milk in the poor category, as many as 19 respondents (86.3%). Before being given treatment kangaroo method. As the baby does not seem satisfied and at times often feel hungry, often in breast-fed infant by his mother, the baby's weight was no improvement. From the questionnaire results in babies who do not get enough milk because milk production slightly, causing the baby rarely BAB. Milk production will be much if babies feed often and there is direct skin contact between mother and baby can increase the hormone prolactin, which can augment milk production. Less production due breastfed baby cannot suck effectively, among other things due to the structure of the mouth and jaw were not good, the wrong attachment techniques. Mothers who are malnourished, and the mother's food intake is very influential on milk production.

Breast milk production and secretion occur after the baby is born that in one after another later with events decreased levels of estrogen boosted the levels of prolactin for milk production. So with the increase prolactin levels, start milk production activity took place. Stimulation touch on the breast when the baby sucking the nipple causes oxytocin to secrete milk.

Psychic condition and also the food consumed by the mother can also affect milk production. But creating breastfeeding from the first day is not always easy because many women are facing problems in doing so. Circumstances which often occur on the first day of breastfeeding is difficult ASI out. Terrsebut cause trouble breastfeeding mothers feel anxious and worried. Mother became psimis with the amount of milk obtained and inhibit milk production. Moreover, when the lack of maternal nutrition can cause the quality of breast milk to decrease. With less milk production, the mother be looking at other options to provide infant formula milk that caused the baby's sucking intensity to be reduced due to alternate with the formula that makes the milk became less and less that comes out (Roesli, 2006).

### 2. The description of adequacy of Breast Feeding After giving after giving Kangaroos Method to the term infant Baby aged 1-3 mont

Based on the above study showed that the majority of infants aged 1-3 months adequacy of breast milk in the category enough, as many as 16 respondents (72.7%). After the treatment given kangaroo method. baby enough milk as the baby's weight increases, the baby seems satisfied after feeding, the baby looks healthy, the baby often bowel and yellow-green. From the above results after being given treatment there kangaroo method good results are largely breastfed babies have undergone sufficient. This proves that the kangaroo method can help augment milk production and easier to breastfeed the baby on demand. In addition to increase milk production kangaroo method also helps to increase the weight of low birth weight babies, and can keep the baby warm. Age is a factor that determines breastfeeding. In terms of milk production of mothers aged 19-23 years in general can produce enough breast milk than women who were older, and able to breastfeed her baby by a considerable amount.

From the results of the questionnaire infants who have enough milk to breastfeed is because mothers often every 2-3 hours or 8-12 times a day, so that the baby gain weight. Food is also an important thing week to augment milk production increases. When the milk on the first day has not come out quite disusukan for 4-5 minutes to stimulate milk production. After the production of enough milk, the baby can disusukan for 10-15 minutes.

Adequate breastfeeding related to the adequacy of the volume of milk during breastfeeding. Influenced the volume of milk during feeding time of onset of feeding, feeding frequency, emptying the breast during breastfeeding, the baby's position while feeding, and the baby's ability to suck the milk. Kangaroo care method is an effective way to meet the most basic needs of the baby, that warmth, just breastfed, protection from infection, stimulation, safety and love kangaroo care method can protect the babies warm. Can start immediately after birth or after the baby is stable. KMC can be done in a hospital or at home after the baby home. Babies can still be treated with KMC although not able to suckle, give milk wring it by using one of the alternative provision of drinking (Wahyuni, 2013).

### 3. Effect of Kangaroo Against Self Sufficiency ASI In Infants Age 1-3 Months Months.

Based on the above study found that infants before given none had sufficient milk in the category quite different from the results given after the kangaroo method as many as 16 respondents (72.7%) in the category of Self in the adequacy of breast milk. It shows that the kangaroo care method is very efektifdalam increase milk production.

The above shows that the method is very effective kangaroo dala breastfeeding, can be a sign that mengalmi baby enough milk as Total urinate in a day at least 6 times. Art colors usually colorless to pale

yellow. Babies often CHAPTER yellowish seeds, baby gain weight. Kangaroo method can not only be done by the father or mother only other family can also do perwatan kangaroo method. Because the kangaroo care method not only can help in breastfeeding, but also biga can increase the baby's weight.

Kangoro Mother Care (KMC) or kangaroo care method is to do direct skin contact with the baby or the mother's skin Skin to Skin Contact. Where the mother uses her body temperature to warm the baby. This treatment method is also shown to facilitate breastfeeding leads to increase milk production and milk can be fulfilled due to frequent contact with the baby's mother and easy breastfeeding. Breastfeeding mothers experience well managed, then the mother can breastfeed more successful if they are more contact with their baby. Breastfeeding stimulates the production of prolactin, thereby increasing the volume and stimulating effect ASI output. Contact the closest occurs when the mother using kangaroo (skin to skin). Research conducted by Shiau (1996) which is based on the philosophy of kangaroos and protect their children. As we know, kangaroo pouch put their children in direct contact with the body of the mother, after the study is able to suppress ternyataa way infant mortality. Separation of mother, baby and technology used in the neonatal unit makes bonding difficult and create barriers to breast-feeding. Care given by way kangaroo mothers who start in a few hours after birth menstimulasi milk production and of course increase the bond between mother and baby. Several studies on the effect of FMD on breastfeeding indicate that breastfeeding becomes longer, more stable milk production, the number of breastfeeding per day increased a lot and most premature babies went home with exclusive breastfeeding (Wulandari, 2009).

The above results indicate that the first respondent decreased, ie, before being given the kangaroo method adequacy of breastfeeding infants aged 1-3 months



category fairly and after given the kangaroo method babies aged 1-3 months of the adequacy of breast milk in the poor category. It is a contributing factor that the baby's mother did the kangaroo method and rarely give milk to her baby as if the baby slept still not woken up so the baby does not have kecukupa milk.

## CONCLUSION AND RECOMENDATION

Postpartum Mothers with babies just months before being given a kangaroo method almost entirely adequacy ASI in the unfavorable category. Mothers who have infants postpartum months after the kangaroo method largely given sufficient milk in the category enough milk. There is an effect kangaroo method of the adequacy of breastfeeding in term infants usia 1-3 months in Polindes Blega oleh Keca.Blega.

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